Module 5 TED Talk Assignment: Building Your Inner Coach

Role: Player

As a player, my primary objective is to excel both individually and as a team leader. I aspire to become the team captain, providing the necessary leadership to drive my team to success. Furthermore, I aim to achieve the status of an All-American running back, leveraging my athletic skills to bring unparalleled advantages to our team. Additionally, I seek to enhance the financial stability of my school or professional team through my performance, thus contributing to the overall development and success of the team.

Performance Character Skill: Self-Discipline

Self-discipline is crucial for achieving my goals as a player. It involves maintaining a strict workout routine, which includes strength training and agility exercises five days a week. This routine is designed to build power and explosiveness, as well as improve my ability to change direction quickly and sustain physical endurance throughout the season. By adhering to this regimen, I will be able to meet the physical demands of being an All-American running back, such as bench pressing 400 pounds, squatting 550 pounds, and weighing 225 pounds before the season starts. Self-discipline will help me stay focused on my journey, overcoming trials and tribulations, and remaining in control during the preseason and regular season.

Moral Character Skill: Humility

Humility is essential for maintaining perspective and focus on my objectives. It requires acknowledging my limitations and avoiding overestimating my abilities. By staying humble, I can continually strive for improvement and not become complacent. Humility allows me to learn from my experiences and from others, ensuring that I do not lose sight of my main goals due to an inflated sense of self-worth. This character skill will help me remain grounded, facilitating continuous growth and development, which are vital for achieving the status of an All-American running back and contributing to my team’s success.